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The NEBLINE, October 2007

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HELP START A 4-H CLUB

— see back page



How Healthy is Your Home?

Lorene Bartos
UNL Extension Educator

October is National Home Indoor Air Quality Action and Awareness Month. Since most people spend the majority of their time inside now is a good time to become aware of the quality of air in your home. As we think about the importance of healthy indoor air, it is necessary for families to take a look around their home to see what products or items may be affecting their air quality. Let's go room to room and see how healthy each room might be. These ideas are offered by the Environmental Protection Agency (EPA) to help us be aware of what we need to watch in our homes to keep us healthy.

Starting with the Kitchen

Household Cleaners

— Unhealthy or irritating vapors may be released from chemicals in products. **Remedy:** Select non-aerosol and non-toxic products. Use, apply, store and dispose according to manufacturer's directions. Never mix products together. If products are concentrated, properly label storage container with dilution instructions. Use up product completely.

Unvented Gas Stove & Range

— source of carbon monoxide and combustion by-products. **Remedy:** Keep appliance burners clean! Periodically have burners properly adjusted (blue flame tip, not yellow). Install and use exhaust fan. Never use a gas range/stove to heat your home.

Bathroom & Laundry

Moisture from Bathing, Clothes Washing, etc. — Encourages biological pollutants (mold, mildew, cockroaches, dust mites) which can trigger asthma. Also creates potentially damaging condensation. **Remedy:** Install and use exhaust fan. Fix plumbing leaks promptly.

Personal Care Products

Organic gases are released from chemicals in products. **Remedy:** Select no/low odor-producing products. Select non-aerosol varieties. Open window or use exhaust fan. Follow manufacturer's directions for use and container disposal.

Unvented Clothes Dryer

Produces excessive moisture and dust. Moisture encourages biological pollutants.

Living Area

Carpets — Biological pollutants can grow on water-damaged carpet; organic gases are released from new carpet. **Remedy:** Clean and dry or remove water-damaged carpets promptly. If installing new carpet, air it out before installation. Ask for low-emitting adhesives, if adhesives are needed. During installation open doors and windows; use window fans or room air conditioners. Vacuum regularly.

House Dust Mites — Biological allergens can trigger asthma. **Remedy:** Clean house and vacuum regularly. Wash bedding in hot water above 130° F.

Moisture — Encourages biological pollutants including allergens (mold, mildew, dust mites and cockroaches). **Remedy:** If possible, eliminate moisture



source(s). Install and use exhaust fans. Use dehumidifier, if necessary. Remove molds and mildew on hard surface by cleaning first with a dish detergent solution and then with a solution of chlorine bleach (1 cup) and water (1 gallon).

Gas or Kerosene Space Heater

— Carbon monoxide and combustion pollutants. **Remedy:** Never use unvented kerosene or gas space heaters. In room where heater is located, provide fresh air by opening a door to the rest of the house, turning on an exhaust fan and opening a window slightly.

Lead-Based Paint — Manufactured before 1978. **Remedy:** Leave lead-based paint undisturbed, if in good condition. Prior to removing paint, test for lead. Do-it-yourself lead test kits are often available from hardware or building supply stores. Do not sand, burn off, or remove lead paint yourself; hire a person with special training for correcting lead paint problems. For more information call 1-800-LEAD-FYI.

Animals — Leave allergens such as dander, hair, feathers or skin in the air. **Remedy:** Keep pets outdoors, as often as possible. Clean entire house regularly; “deep” clean areas where pets are permitted.

Bedrooms

Humidifier/Vaporizer (cold mist type) — Can encourage biological allergens including mold, mildew and cockroaches which can trigger asthma and infectious disease agents (viruses, bacteria). **Remedy:** Use and clean according to manufacturer's directions. Refill with fresh water daily.

Smoke and Carbon Monoxide Detectors — Install a smoke detector in the hallway adjacent to or located in each bedroom. If you have gas or other fossil-fuel burning appliances in the house, install carbon monoxide detectors in these locations as well. Combination smoke and carbon monoxide detectors are available. (Remember to check the batteries frequently.)

Other Tips

Other tips to keep your home healthy and reduce places for pollutants to grow

include:

- Keep furniture away from walls to prevent moisture build up.
- Keep humidity less than 50 percent to reduce dust mites.
- Change furnace filters regularly.
- Test the home for radon.
- Install a carbon monoxide detector.
- Do not run vehicles in the garage as carbon monoxide may enter the home.
- Check the home for plumbing and other water leaks.
- Use exhaust fans in the kitchen and bathrooms.
- Clean and check humidifiers and dehumidifiers.
- Check and clean drip pans on refrigerators and freezers.
- Bath pets regularly to reduce animal dander.
- Vacuum carpets often.
- Check basements for dampness. Reduce moisture to control mold and mildew problems.

Breathing clean indoor air has an important impact on a person's health. The ordinary practices we do daily including cooking, heating, cooling and cleaning can cause the spread of pollutants in the home. Studies show indoor air can be more polluted than outdoor air. Taking steps to reduce the pollutants in the air will save money by reducing health problems and also maintenance of the home.

Local Resources

- **University of Nebraska–Lincoln Extension in Lancaster County;** 441-7180, <http://lancaster.unl.edu>
- **Lincoln/Lancaster County Health Department;** 441-8040, <http://lancaster.ne.gov/City/Health>
- **Nebraska Department of Health & Human Services;** 471-3121, www.hhs.state.ne.us
 - Lead-Based Paint Hot Line: 1-888-242-1100 ext 1 (Nebraska only)
 - The Nebraska Radon Program 1-800-334-9491

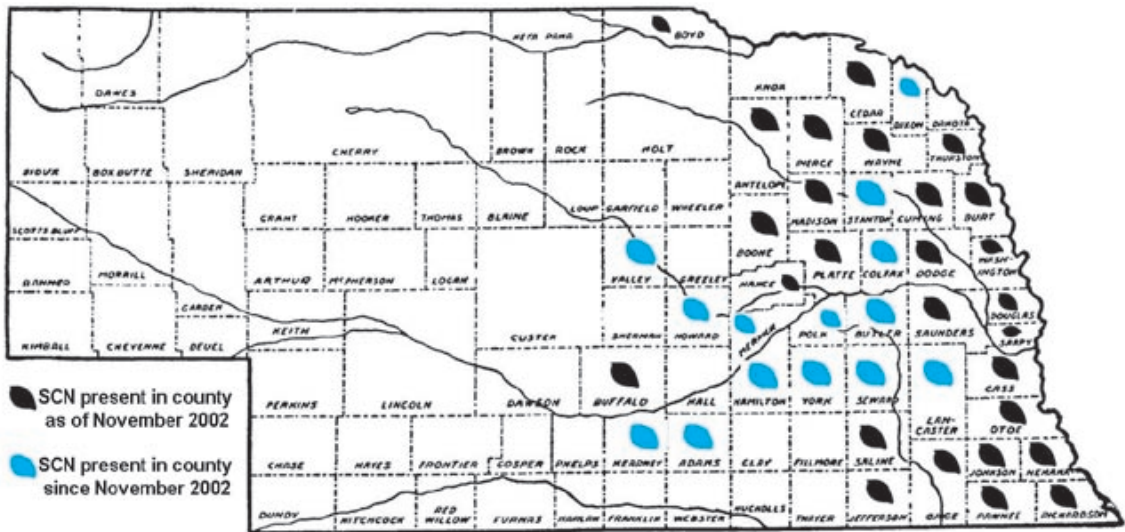
Soybean Cyst Nematode Spreading in Nebraska

Tom Dorn
UNL Extension Educator

Soybean cyst nematode (SCN), *Heterodera glycines*, is an increasing production problem for Nebraska's soybean producers. It has now been confirmed in 39 counties in eastern and central Nebraska. Over 24,000 eggs per 100 cc (three ounces) of soil have been recorded in surveys of some Nebraska fields. That translates into over 1,000 eggs per teaspoon of soil, each egg

levels can cause plant stunting and yellowing and increased levels of yield loss. Above-ground symptoms can be confused with damage from compaction, nutrient deficiencies, drought stress, low-lying wet areas, herbicide injury and other plant diseases. Circular to oval areas of stunted, yellowed plants can be observed. Areas of SCN injury often are elongated in the direction of tillage practices, since the cysts are spread by tillage equipment. Susceptible soybeans grown in

sample. You will need to collect a sample and submit it to the clinic before December 31, 2007 to take advantage of this offer. Since there is a limited quantity of the free sampling kits available, they will be distributed on a first-come, first served basis to farmers stopping by the extension office to pick them up. To benefit as many farmers as possible, limit one kit per farm operation. Soil samples can be collected at any time of the



Nebraska state map showing counties with soybean cyst nematodes present as of 2006.

capable of hatching and initiating an infection in the roots. Once established in a field, SCN egg numbers continue to increase unless proper management actions are taken.

Field Symptoms

Symptoms of SCN infestation can be difficult to identify. Usually, the first indication of a problem is when yields are below expectations. Moderate levels of SCN may not produce any visible above-ground symptoms, yet yields may be reduced 5-10 bushels per acre. The first visual sign of an SCN infestation is usually a slight variation in the height of otherwise healthy looking, dark green plants. Higher SCN

SCN-infested soils are slower to reach canopy closure.

Free Soil Sampling

Soil sampling is the first step to managing SCN. To increase the awareness of SCN and to better define the extent of its distribution in Nebraska, a postage paid sampling kit (\$20 value) has been provided by the Nebraska Soybean Board. These can be picked up at University of Nebraska Extension offices in counties where soybeans are grown. Each kit contains a bag for you to submit a sample to the Plant & Pest Diagnostic Clinic at the University of Nebraska-Lincoln and directions for collecting a soil

year, but the best time to sample is right after harvest. Collect 10 to 15 cores around the roots to a depth of six to eight inches and mix them in a bucket. Fill a standard soil-sampling container with the mixed soil sample. Store samples in a cool place (not in the sun), and ship as soon as possible.

FOR MORE INFORMATION

UNL Extension NebGuide G1383, "Soybean Cyst Nematode Biology and Management," available at the extension office online at www.ianrpubs.unl.edu/sendit/g1383.html

Maintain Grain Quality in Storage

Harvest will be upon us before we know it and now is the time for producers to think about storage before you fill your bins. Grain quality can be maintained in storage if managed properly. It is a wise investment of time to spend a few hours to maintain the \$25,000 to \$40,000 value of grain stored in a 10,000-bushel bin.

The following steps are suggested for preparing a bin for storage:

Repair any holes that may allow water to enter. Look for holes by looking for sunlight coming into the bin. However, do not seal openings intended for aeration. Clean the inside of the bin using brooms and/or a vacuum. Examine the inside of aeration ducts for debris and insects.

Service the aeration ducts, fans and vents to ensure proper operation. Clean around the outside of the bin.

Grain stores best when it is dry, clean and cool. Weed seeds and fine foreign material, which are usually wetter than the grain, will accumulate in the center when loaded into a bin, causing storage problems. This material should be removed from the grain. Use a grain cleaner before storage, unload some grain using a center take out after the bin has been filled or distribute the material while filling the bin.

Temperature plays an important role in grain storage. The optimum temperature for insects is between 70 degrees F and 90 degrees F. Therefore, grain should not be stored at this temperature. Cooling below 70 degrees F reduces insect reproduction and feeding activity, cooling below 50 degrees F causes the insects to become dormant. The optimum temperature for mold growth is also about 80 degrees F but mold growth is extremely slow below 30-40 degrees F. The expected grain allowable storage time is

approximately doubled for each ten degrees the grain is cooled.

Aeration should be used to cool the grain whenever outdoor temperatures are 10-15 degrees F cooler than the grain. It should be cooled to a temperature of about 30-35 degrees F for winter storage. The time required to cool grain weighing 56-60 pounds per bushel using aeration can be estimated by dividing 15 by the airflow rate. For example, the grain will cool in about 75 hours using an airflow rate of 0.2 cubic feet per minute per bushel. Air takes the path of least resistance, so cooling times will vary in the storage. Measure grain temperature at several locations to assure that all the grain has been cooled.

Check stored grain, at least monthly, during the winter months and more often during the warmer months of the year. Probe to examine grain below the surface. Bring a grain sample indoors if the grain temperature is below 50 degrees F; allow it to warm to room temperature, then place the grain on a white surface and examine for any insect activity.

For more information about grain drying and storage, consider ordering "Dry Grain Aeration Systems Design Handbook," MWPS 29; or "Grain Drying, Handling and Storage Handbook," MWPS-13. Both are available through MidWest Plan Service. As a further value, these books are available in a grain handling package along with "Managing Dry Grain in Storage," AED-20 and "Low Temperature and Solar Grain Drying Handbook," MWPS 22. The four publications together are a great reference set and available for \$40 for the bundle. For more information, go to www.mwps.org email mwps@iastate.edu or call 800-562-3618.

Source: Adapted from a news release by Ken Hellevang, NDSU Ag Engineer

Winterize Your Underground Sprinkler System

Tom Dorn
UNL Extension Educator

Many urban and rural homeowners have automated underground lawn sprinkler systems. Spending an hour or so to winterize your system in the fall can save many hours of work and considerable expense next spring.

The most important action you can take in the fall is to drain the system so you don't get ice damage to the pipes and valves. Begin by locating the water shut-off valve for the sprinkler system inside the house and turn off the water at that point. Next, set the irrigation timer so the first set is on. This will relieve water pressure in the plumbing for the system.

To get water to drain out

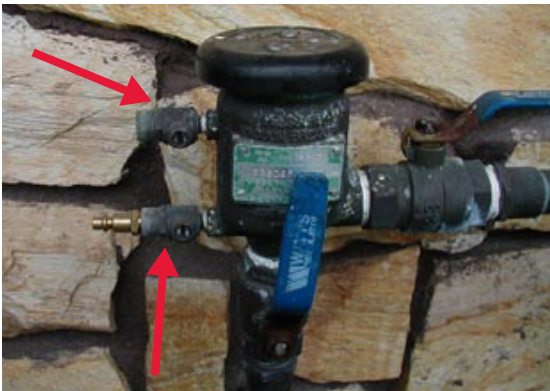
of a pipe, you must allow air into the pipe, as anyone who has held their thumb on the end of a soda straw can attest. You can let air into the sprinkler system by opening the small valves (petcocks) on the vacuum relief valve assembly

on the side of the house. Cycle through each irrigation set, allowing several minutes for all the water to drain through the lowest sprinkler(s) in the set. If you don't have access to an air compressor, turn off the irrigation controller and

close the petcocks to prevent dirt or insects from getting into the plumbing.

For most installations, the procedure above is sufficient to eliminate damage from freezing. To be extra safe, one can attach an air compressor

or portable air supply tank to the plumbing at the lower petcock valve on the vacuum breaker assembly. With about 65 PSI in the air tank, turn on the first irrigation set and open the air supply valve. You will see water trapped in low spots in the system blowing out of the sprinklers. With a new charge of air in the tank, start the next irrigation set on the controller and open the air supply valve. Repeat for each irrigation set. After blowing the water out of all irrigation sets, disconnect the air supply and close the petcock. Turn off or unplug the irrigation controller. Next spring, simply open the water supply valve, set the date and time on the controller and set your irrigation schedule and you are ready for another year.



To let air into lawn sprinkler systems, open the small valves (petcocks) on the vacuum relief valve assembly (shown at left), or to be extra safe, attach an air compressor to the lower petcock valve (shown at right).



Photos by UNL Extension Educator Tom Dorn

Prepare Fireplaces and Woodburning Stoves for Safe Use this Winter

Lorene Bartos
UNL Extension Educator

Every year, at least 12,000 Americans die in residential fires, according to statistics from the National Fire Protection Association. Because of the risks associated with fires, it's important to understand and practice safety tips when using indoor fireplaces and woodburning stoves this winter.

- Put a shield around the fireplace to prevent sparks from flying out and starting a fire. Glass grates, which enclose the fireplace entirely, are the most effective. Wire mesh grates, though not as impenetrable, also stop most sparks. Make sure the fireplace draws properly so smoke doesn't blow back into the living area.
- In case ashes, sparks or smoke escape the fireplace, make sure the area surrounding the fireplace is clear of flammable items, including carpet. The



Soni Cochran, UNL Extension in Lancaster County

best hearths are made of non-combustible brick or linoleum.

- Clean fireplaces, woodburning heaters and stove pipes regularly. Ash or creosote build-up in the flue or pipes can catch fire if the build-up has accumulated over time and the fire temperature is hot. Eliminate creosote by burning big, hot fires instead of small, smoky or wet ones that lead to build-up. Hire a

chimney sweep or clean the chimney flue and dampen once a year with a big brush. For wood-burning heaters and stove pipes, take time to clean and check for buildup and other problems or hire a chimney cleaner to do so before it gets cold.

- Choose wood types depending on the type of fire desired. If a fireplace is for aesthetic reasons, burn cottonwood, maple or elm, which create bright flames. If the fireplace is used for heat, burn harder, heavier woods such as oak and ash.
- Correctly manage woodburning stoves or heaters. Often, fires from woodburning stoves start when the residents are gone or asleep. To guard against this, adjust the air intake vents before leaving the stove alone. Don't leave woodburning stoves alone unless the heater can be prepared for an amount of unsupervised time.

Choose Decay Resistant Wood for Buildings, Fenceposts

"All wood is subject to decay. However, the rate at which it decays can vary due to its use and the wood's natural composition," says Dennis Adams, forestry specialist.

Decay is caused by different types of fungi. Fungi are best suited for warm, moist places, such as areas where wood has contact with the ground. These locations are more likely to result in rotting wood.

Chemical preservatives, such as creosote, chromated

copper or arsenate, are commonly used to prolong the life of wood used for building purposes. However, some woods are naturally resistant to decay. These species are equipped with metabolic processes that better deposit resins and oils that are toxic to fungi.

Not all parts of the tree are created equally. Some areas contain the naturally resistant properties while others do not. In most species, only the dark heartwood of the tree is

resistant. The outer sapwood is not.

Very resistant species include osage orange, black locust and red mulberry. These species work best for fence posts. Resistant species include junipers such as eastern red cedar, bur oak and black walnut. Honey locust and white pine are moderately resistant while species such as cottonwood and willow should not be used at all where decay is a problem.

Why Leaves Fall

Dennis Adams
UNL Forester

Shorter day length, not frost or low temperatures, is the main reason trees lose their leaves each fall.

As day length shortens in the fall, chemical changes take place in the leaf stalk. Where the leaf stalk and twig join, conducting vessels, which transport food and water between the leaf and other parts of the tree, become blocked. Then an abscission layer forms. The substance binding the two parts together breaks down, and the leaf is easily separated from the tree by fall rains or wind.

Leaf drop is governed by Mother Nature, and each tree species responds differently. For instance, black walnut and green ash are among the first to drop their leaves. However, oak, linden and maple trees

commonly hold their leaves late into fall. Some trees, such as red oak and pin oak, may retain their leaves all winter even though the leaves are dry and dead.

Trees kept warm artificially will still lose their leaves as day length shortens. However, trees lighted artificially, for time periods corresponding to summer day length, will retain their leaves long after temperatures have dropped to wintry levels.

No one knows for sure why seasonal behavior is more a response to light than to other environmental conditions. Perhaps the reason is simply that most seasonal changes, such as temperature or rainfall, may vary from year to year, while the hours of daylight are not governed by climatic factors. Day length is the result of the regular movement of the earth around the sun and does not vary from year to year.

Storing a Tractor

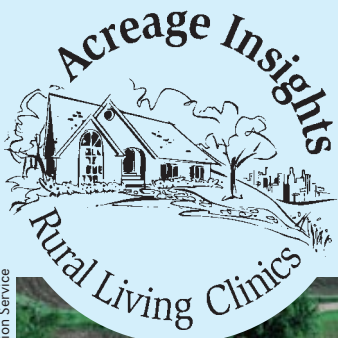
If storing a tractor for any length of time, you may want to take a few precautionary measures to avoid future difficulty.

- Store tractor under cover. If impossible, be sure to cover air stack and exhaust pipe.
- Drain radiator and engine block.
- Drain both fuel tanks and carburetor.
- Leave radiator and fuel caps slightly loose to protect gaskets.
- Block tractor up to remove weight from tires and to keep tires from contact with moist floor.



Vicki Jedlicka, UNL Extension in Lancaster County

- Remove battery and store.
- Remove spark plugs and pour a small quantity of light motor oil on piston tops. Crank engine over a few times and replace spark plugs.
- Before putting the tractor back to work be sure to service it completely and replace all fluids.



Lynn Betts, USDA Natural Resources Conservation Service

University of Nebraska-Lincoln Extension presents a series of programs, entitled Acreage Insights-Rural Living Clinics, targeting acreage owners and specifically designed to provide knowledge and skills to better manage a rural living environment. The following clinics will be held in Lincoln at the Lancaster Extension Education Center, 444 Cherrycreek Road from 7-9 p.m. For more information, contact Sarah Browning at (402) 727-2775.



CLINICS ARE \$10/PERSON ADVANCED REGISTRATION; \$15/PERSON AT THE DOOR
Preregistration deadline is 3 working days before clinic.

REGISTRATION FORM

PLEASE CHECK WHICH CLINIC(S) YOU ARE REGISTERING FOR

Fire on the Acreage
☐ Lincoln—Oct. 9

Organic Production
☐ Lincoln—Nov. 8

Name(s) _____

Address _____

City _____ State _____ Zip _____

Phone _____

\$10/person advanced registration

Preregistration deadline:
3 working days before clinic.

Number attending _____

Amount enclosed \$ _____

Mail completed registration form and check (payable to UNL Extension) to:
UNL Extension in Dodge County
Acreage Insights
1206 W. 23rd St.
Fremont, NE 68025

We assure reasonable accommodations under the Americans with Disabilities Act. For assistance, or if you require language interpretation, contact Extension in Dodge County at (402) 727-2775 three weeks prior to date of clinic.

Tuesday, Oct. 9

Fire on the Acreage

Fire has always been part of the rural landscape. If you choose to live within that rural landscape, it pays to know how to make your acreage as fire resistant as possible. Using prescribed fire as a tool is often another important part of rural living. Both of these "burning issues" will be discussed in "Fire on the Acreage."

Thursday, Nov. 8

Organic Production

Small scale production of organic vegetables, livestock and other crops is becoming more popular each year with acreage owners as well as farmers market producers. This program will be an overview of organic production. We'll be discussing vegetables, livestock and other crops, along with basic production, marketing opportunities and how to become certified as an organic producer.

Drying Gourds

Do you want to save some of the gourds you grew this year? Here is the best way to dry them. Harvest gourds when the vine and stem dries and begins to turn brown. Be sure to complete your harvest before the first hard frost. Immature gourds will not cure correctly and rot, so only harvest mature fruit.

After harvest, wash the fruit in a mild bleach solution and dry off with a soft cloth. Discard any bruised, diseased or damaged fruit. To dry, place gourds on slatted trays or chicken wire fencing. Make sure they do not touch each other and are located in a warm, dry, well-ventilated location.

Curing can take one to six months, depending on the type of gourd. The outer skin hardens in one or two weeks, while the internal drying takes at least an additional month. Poke a small hole in the blossom end of the gourd to quicken internal drying. Occasionally turn the fruits, checking for uneven drying or soft spots. When you shake the gourd and hear the seeds rattling, it is cured and ready for a coat of paint or varnish if desired.

—Mary Jane Frogge, UNL Extension Associate



Start Garden Cleanup

Mary Jane Frogge
UNL Extension Associate

Now that the end of the growing season is near, it is time to do the garden cleanup work. While this chore may not be a priority, it is important to mention the disease and insect prevention purpose of this task. The hours and labor spent now may be more than paid back by fewer problems in the next growing season.

The garden cleanup really has four parts: complete removal of old garden plants

that have had disease or insects, searching for and removal of all rotten or diseased fruits that may have fallen, turning back into the soil all crop residue from plants that have been harvested but did not die from diseases or pests and mixing all organic mulches from garden areas where it is no longer needed. Trellises and stakes no longer needed can be taken out, cleaned and stored for next year.

Some gardeners may leave this cleanup for the whole garden until the last fall vegetable has been harvested

or, worse yet, until just before next spring's planting. It is a good idea to clean up each garden area when it is finished, even though other parts of the garden are still producing fall crops.

Crop residues from healthy plants are a valuable source of organic matter, which most of our soils need. This term is used for all portions of plants left over after harvest: stems, stubble, mulch and root residues. These materials can be cut up and put on your compost pile.

Tree Planting and Landscape Improvement Funds Available

Tree planting and landscape enhancements for public spaces can get a boost from a grant program coordinated by the Nebraska Statewide Arboretum and Nebraska Forest Service, both based at University of Nebraska–Lincoln.

The Nebraska Community Enhancement Program funds tree planting and landscaping that improves the state's transportation corridors, including public streets, highways, entryways and trails. This can involve areas along parks, schools, fairgrounds, college campuses, libraries, courthouses, hospitals, welcome signs and other public properties. Tree planting is an especially important component of this program although shrubs and herbaceous plantings are also eligible.

The Community Enhancement Program is funded by the Transportation Enhancement Program of the Nebraska Department of Roads. It is an 80/20 percent matching grant program with a maximum funding award of \$20,000 per project. The application dead-



Lincoln Water System received a 2000 Community Enhancement Program grant for the Waterwise Landscaping Project along North 27th Street.

line is Nov. 16, with funding awards announced by January 2008.

Since 1996 the Community Enhancement Program has awarded over \$3.5 million in landscaping grants to over 530

projects in communities all across Nebraska.

For more information about this grant program and/or for an application, go to <http://arboretum.unl.edu> or call Sue Kohles at 472-2971.

Grassland Center Sets Fall Lecture Schedule

The 13th annual fall seminar series offered by the University of Nebraska–Lincoln's Center for Grassland Studies will feature faculty and guest lecturers on topics ranging from Nebraska's Tallgrass Prairie to Wild Life in South Africa.

The seminars are free and open to the public. They are held most Mondays during the fall semester, 3–4 p.m., at the UNL's East Campus Union. A partial schedule is listed here:

- Oct. 8** – Marian Langan, director, Spring Creek Prairie Audubon Center, Nebraska's Tallgrass Prairie: History or Legacy
- Oct. 29** – Bruce Anderson, agronomy and horticulture, UNL, Forage Issues in Mainland China.
- Nov. 12** – Jim Stubbendieck, agronomy and horticulture director, Center for Great Plains Studies, UNL, Experiences with Wildlife in South Africa.

Nov. 19 – Brad Jakubowski, agronomy and horticulture, UNL, Opportunities in Sports Turf Management.

Nov. 26 – Luciana Toda, graduate student, entomology, UNL, Buffalograss Resistance to the Chinch Bug.

Dec. 3 – Larkin Powell, School of Natural Resources, UNL, Effects of Grassland Management on Upland Game Bird Production.

Dec. 10 – Neal Bryan, graduate student, agronomy and horticulture, UNL, Grassland to Woodland Transitions: Nebraska and the World.

The above schedule is subject to revision. Changes will be noted at www.grassland.unl.edu. Videos of the seminars will be available at the Center for Grassland Studies reference center. For more information, e-mail grassland@unl.edu or call 472-4101.

Sign Up for Free E-mail Horticulture Newsletter

HortUpdate is a FREE e-mail newsletter from the University of Nebraska-Lincoln Extension which provides timely information to the lawn and landscape industry. This e-mail includes current lawn and landscape problems with control recommendations and a seasonal 'To Do' list. To subscribe, go to <http://extensionhorticulture.unl.edu>



Garden Guide

THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

Plant spring flowering bulbs.

Cut down stems and foliage of herbaceous perennials after two or three hard frosts and when leaves begin to brown.

Fall is the time to control broadleaf weeds in the lawn, such as white clover, dandelion and ground ivy.

Dig and bring in cannas, dahlias and gladiolus. Dry, clean and store in a cool location free from frost.

After several hard frosts, add mulch to your perennial flower garden. A one-inch layer of straw or chopped leaves will help conserve soil moisture and protect the root system.

When deciding on new trees or shrubs to plant around your home, remember to select varieties that will fit the location when they are at their mature height. This will greatly reduce pruning and other maintenance in the future.

Pick bagworms from evergreen shrubs. This will eliminate the spring hatch from over wintered eggs.

Remove leaves from lawn to reduce lawn problems. Compost or shred and use them for mulch.

Make a note of any particularly productive or unsatisfactory varieties of vegetables you planted this year. Such information can be very useful when planning next years garden.

Remove any diseased or insect-infested plant material from your garden, it may harbor over wintering stages of disease or insect pests. If you leave this plant material in your garden, you are leaving diseases and insects which will begin to reproduce again next spring and add to next years pest problem.

Cure pumpkins, butternut and hubbard squash at temperatures between 70 to 80 degrees Fahrenheit for two or three weeks immediately after harvest. After curing, store them in a dry place at 55 to 60 degrees Fahrenheit.

Use dried herbs to make fragrant wreaths and dried flower arrangements.

Clean-up the orchard and small fruit plantings. Sanitation is essential for good maintenance. Dried fruits or mummies carry disease organisms through the winter to attack next years crop.

Nut trees are a fine addition to the home landscape. They may accent the house, provide shade in the summer and even become a food source.

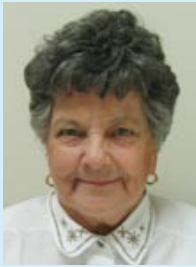
Christmas cactus need special care now to get its beautiful flowers this December. Buds will form at 50 to 60 degrees Fahrenheit or if the plant is exposed to at least 13 hours of complete darkness each night.

Fall is an excellent time for taking soil samples in your lawn and garden. Soil tests will measure the pH of the soil, organic matter content and the levels of some of the major elements required for plant growth, such as phosphorus and potassium.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President’s Notes — Alice’s Analysis

Alice Doane
FCE Council Chair



The Nebraska State Fair is over and so is summer. I helped in the 4-H Clothing Department and saw many beautiful garments. The Style Revue had some outstanding fashions with formals being the “in thing” with long and short styles.

I was looking for wool garments which could enter the District Make It With Wool Contests this fall. To my glee, there were several.

This is the 60th anniversary of the National Make It

With Wool Contest. At the State Contest, I hope to have a style show of the past and present garments and pictures. If you know of someone who has been involved in past years, please contact me at 786-3555. The contest is Nov. 17 at the UNL Home Economics Building on East Campus in Lincoln.

At State Fair, I took in the 4-H presentations and spent time listening to the 4-H Speech Contest. Even saw Willard Waldo from DeWitt at his 95th hog show. Adding to all the wonderful

activities having the weather cooperate made for a good fair.

The next Council meeting will be Monday Sept. 24 at 1 p.m. at the Lancaster Extension Education Center. The program will be “New Laws Affecting Seniors” presented by Andrew Loudon, attorney.

The Achievement Night will be Monday, Oct. 15, 6:30 p.m. Annette Wiechert will present the program “Disasters Happen—How Prepared Are We?”

Awards will be given out after the program. Call Pam to pre-register, 441-7180, for this evening’s activity.



FCE News & Events

Council Meeting, Sept. 24

The September FCE Council meeting will be Monday, Sept. 24, 1 p.m. at the Lancaster Extension Education Center. Lincoln attorney Andrew Loudon will present a program on “New Laws Affecting Seniors.” The business meeting will follow the speaker. Helpful Homemakers and 49’ers are host for the meeting. All FCE member are invited to attend.

Leader Training Lesson, Sept. 27

The next FCE & Community Lesson leader training is scheduled for

Thursday, Sept. 27, 1 p.m. at the Lancaster Extension Education Center. Lorene Bartos will present “Who Cares for the Caregiver?”

This lesson will help participants assess whether or not they have the resources to become a caregiver, understand their own needs for time, health and satisfaction in their lives; realize how family history and relationships affect current situations; develop plans so other family members can help carry some of the load and recognize elder abuse does occur in today’s society and avoid abusive situations. Non-FCE members should call Pam at 441-7180 to register.

Achievement Night, Oct. 15

The 2007 FCE Achievement Night will be Monday, Oct. 15, starting with dessert at 6:30 p.m. Everyone is asked to bring canned food or paper products for the annual FCE Food Bank Campaign.

Annette Wiechert, EdD, CDR, USN (ret), ARC National Disaster Relief Trainer/Volunteer, PDVFD, and member of the Emerald FCE Club, will present “Disasters Happen—How Prepared Are We?” Clubs and members will be recognized for years of membership. Call Pam at 441-7180 if you plan to attend.

Respond Effectively to Misbehaving Children by Understanding the Problem

Understanding why children misbehave is important. Parents can respond more effectively to them and their behavior when the cause of the problem is discovered.

Remember children are not little adults. They are not born with information and wisdom. Mistakes and some misbehavior are part of the learning process. Many acts parents call bad are simply mistakes. These mistakes need to be talked over and explained.

Children need firm but fair guidelines geared for their age and developmental level. It is good to have a few reasonable rules. Consistent enforcement provides security and tells children rules are important. There may be special times when rules can be relaxed but not forgotten. Rules will need to change as children grow in ability and responsibility.

Children need plenty of sleep, nutritious food, exercise and fresh air. When children don’t get these things, they have difficulty managing their feelings and coping with daily

life. A tired child can be cranky, a hungry child can be irritable and a sleepy child can be fussy.

Children need undivided, personal attention regularly with their parents and care providers which will give them a sense of security. Change causes some children to become upset. When mother is sick, a new baby arrives or the family moves to a new neighborhood, misbehavior is much more likely.

Reassure children they are loved and their home is a safe place. Children who feel unloved and unwanted may become resentful, moody and ill-behaved. When parents or other adults ignore children’s thoughts and feelings, children tend to think of themselves as unworthy.

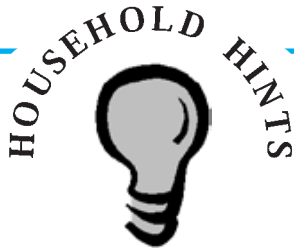
Children want to please those who love them and often imitate those around them, so set a good example. Without a loving relationship, children have no reason to behave in acceptable ways—except to avoid punishment. Love needs to be shown and demonstrated. Children feel discouraged if

they don’t hear praise for the good and positive things they accomplish.

Feelings of inadequacy may cause children to brag, boast, fight or be unwilling to try new things and withdraw. They may misbehave to get needed attention and closeness from their parents. Give children sincere praise, compliments and words of encouragement to help them feel confident and build self-respect. Insults make children feel worthless or scared of failure.

There will be occasions when voices will be raised and different tones used, but this rarely should be done. Children will more readily listen, follow rules and feel better about themselves when they are spoken to in a kind, respectful manner. Say children’s names, touch them appropriately and look them in the eye before talking or giving instructions to them.

Source: Kathy Bosch, UNL Family Life Specialist



by Lorene Bartos, UNL Extension Educator

Reduce mold and mildew by reducing the amount of moisture in the area. Use exhaust fans in the bathroom and kitchen. Vent dryers outside. Dry or squeegee showers when finished.

To remove mold or mildew from hard surfaces, clean with a dishwashing detergents first and then use a chlorine bleach solution (1 cup bleach to 1 gallon water) to sanitize.

Control Anger Rather Than Suppress It

Anger is a natural and powerful human emotion. Often people are taught not to be angry, but really they should be taught how to express and control their anger.

Uncontrolled anger can ruin or destroy relationships and affect jobs and job performance. In addition, anger can negatively affect physical or psychological health because too much stress can be hurtful to our bodies.

Some temperaments and personalities are more prone to become angry, but individuals can get a grip on anger by reasoning with themselves. Question whether the issue is important or worth being angry about. If the answer is yes, then it is OK to be angry. However, take action to correct what brought on the anger. Realize other people are responsible

for their own actions and even being angry cannot force change in others.

Think-stop is a good technique to help control anger. Individuals stop, think and count to three or 10 to give them some time to collect themselves. This technique really can help people act more responsibly.

Listening can be vital to calming and reducing anger. Look the other person in the eye and reflect on what has been said. Avoid being judgmental.

Sometimes laughter really is the best medicine. Laughter banishes negative emotions and is relaxing. People don’t laugh enough and they should laugh at themselves more often.

Source: Kathy Bosch, UNL Family Life Specialist

Filing Financial Records Saves Time

Not having organized financial records costs time and energy, wastes space in homes and adds stress, especially at tax time or any time it is necessary to find something fast.

People must set up filing categories that make sense to them and fit their situation. Examples of general categories include: auto, budget, correspondence, checking, credit cards, education, employment, estate planning, financial planning, goals, health, household inventory, housing, insurance, investments, loans and debts, organizations, owner’s manuals, safe deposit box, savings, taxes and warranties.

Some of these financial records may be kept on a home computer, rather than actual paper copies. Financial records on a computer should be backed up regularly and the copy stored away from the home, if possible.

Set up a system in a specific location in the home. File

papers and records at least monthly, preferably more often. Use color-coding to help organize, or an inbox for bills. If possible, handle paper only once.

How long to keep a certain financial paper or record depends on what it is and the situation. At least annually, get rid of papers no longer needed with a cross-cutting shredder.

Know who does what when it comes to taking care of papers. If married, both spouses should know how to use the filing system. If unmarried, be sure someone trustworthy knows where the financial records are and how to use them.

Financial papers and records also can be carried in a wallet, a safe deposit box or fire-proof safe at home. Maintain a list of what is carried in wallets and kept in a safe deposit box in the home file.

Source: Kathy Prochaska-Cue, UNL Family Economist

Food Entrepreneur Seminar, Oct. 29

The Food Processing Center is offering a one-day seminar for all individuals interested in exploring the idea of starting a food manufacturing business. The “From Recipe to Reality” seminar will be offered Monday, Oct. 29 in Lincoln. Pre-registration is required and space is limited.

Registration deadline is Oct. 15. Contact Jill Gifford 472-2819 or jgifford1@unl.edu for an information packet.



By Alice Henneman, MS, RD, UNL Extension Educator

Here are some recipe ideas that will be presented at the “Making Many Meals Using a Few Ingredients” Seminar on Oct. 25 (see program information below). They’re all quick to make, low in added sugar and fat and full of good-for-you foods!

Creamy Peanut Dip

Serving Size: 2 tablespoons
Yield: 6 servings

- 1/4 cup creamy peanut butter
- 2 tablespoons orange juice
- 1/2 cup yogurt, low-fat vanilla

In a small bowl, mix the peanut butter and orange juice until smooth. Stir in the vanilla yogurt. Cover and put in the fridge until chilled.



Notes: Serve with fresh apples, pears, carrot sticks or celery sticks.

Source: Adapted from Pennsylvania Nutrition Education Network Web site Recipes, The Pennsylvania Nutrition Education Program; available at Food Stamp Nutrition Connection Recipe Finder <http://recipefinder.nal.usda.gov>

Turkey or Chicken Soup

Yield: 2 servings

- 1 cup chopped, cooked turkey or chicken
- dash of pepper
- 1/4 chopped onion
- 1/4 cup chopped celery
- 2 thinly chopped carrots
- 1/4 teaspoon thyme
- 2 cups low-sodium chicken broth
- 1 cup cooked pasta (such as bowtie, shells, macaroni, etc.) OR 1 cup cooked rice



Add all ingredients, except pasta or rice to pan. Bring to a boil, reduce heat to a simmer and cook covered until vegetables are tender crisp, about 10 to 15 minutes. Add cooked pasta or cooked rice and cook a few more minutes until pasta or rice is heated.

How Dish Size, Location Influence the Amount We Eat

Alice Henneman
UNL Extension Educator

Editor’s Note: This is part 2 of a 2-part article—the first part ran in the September Nebline.

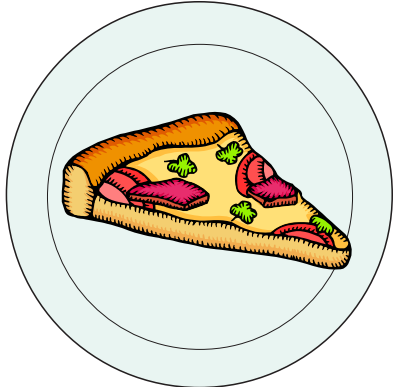
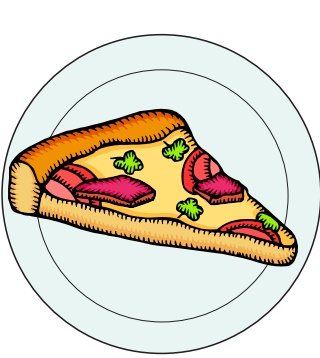
In his book, *Mindless Eating: Why We Eat More Than We Think*, Brian Wansink, Ph.D. and director of the Cornell University Food and Brand Lab describes the many reasons we overeat. Much of the time, we’re unaware of the influence of these external circumstances on eating. Following are three questions, based on research Wansink conducted. See if you can guess the correct answer.

Question 1: How did the size of plate or bowl influence people’s perception of amount when they were offered the same portion size?

- A. Size of plate or bowl made no difference in the amount they thought they ate.
- B. People thought they ate more when they were served on a large plate or bowl.
- C. People thought they ate more when they were served on a small plate or bowl.

Answer 1: C. Wansink found people perceived they ate more when eating from a smaller bowl or plate. As the size of the dish increased, the size of their servings tended to increase. The larger dish made servings look smaller by comparison, resulting in people helping themselves to more food. For example, people ate an average of 31 percent more ice cream (equal to 137 more calories!) when they scooped ice cream into a 34-ounce bowl verses a 17-ounce bowl.

Changing your “tablescaping,” such as the shape of



Using smaller plates makes a person feel satisfied eating less food as the plate makes their serving look larger.

glasses and size of your plates, etc. may be enough to help you significantly reduce your calorie intake. About 72 percent of our calories come from food we eat from bowls, plates and glasses according to Wansink’s research.

Container and package size also made a difference, regardless of how the food tasted. In another study, research subjects were fed 5-day-old stale popcorn at the movies in three sizes of containers: “medium,” “large” and “bigger-than-your-head” buckets. Even though the popcorn didn’t taste that great, the biggest bucket people ate an average of 173 more calories of popcorn than those eating from smaller containers.

Question 2: At which location did people eat the most candy from a clear, lidded candy dish?

- A. Corner of desk.
- B. Top left-hand desk drawer.
- C. On a file cabinet six feet from the desk.
- D. They ate the same amount from all locations.

Answer 2: A. People tended to eat the most when it was more convenient. They ate an average of nine candies—or about 225 extra calories daily—when the candy dish was on their desk, compared

to six candies when in the desk drawer and only four candies when they had to walk six feet.

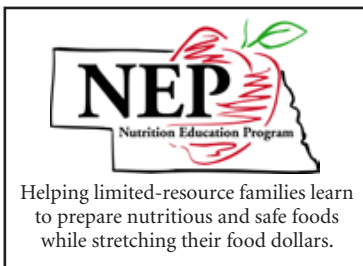
In talking with people after the experiment, the researchers noticed something else. When people had to walk a distance for a piece of candy, they had more time to think twice and talk themselves out of it. So, if you have a food you’d like to eat less of, make it less convenient to eat. Move it to a harder-to-reach cupboard shelf, store it in the basement, serve it from a buffet table vs. the dining table, etc. Or, just don’t bring it into the house at all.

Question 3: What percent of what we eat is determined by “nutritional gatekeepers” (grocery shopper & food preparer)?

- A. 26%
- B. 61%
- C. 72%

Answer 3: C. Through eating more mindfully, whoever in your household is the “nutritional gatekeeper” can influence his or her food intake as well as everyone else. Make less healthy foods inconvenient to eat. Promote reasonable portion sizes through the size and shape of dinnerware. Encourage people to measure out and see the total amount they’re eating rather than eating directly from a container.

Fresh, Frozen, Canned or Dried Fruits & Vegetables



Stacie Powers
UNL Extension Assistant

New dietary guidelines recommend we eat between 2 and 6½ cups of fruits and vegetables a day for optimal health (the amount varies depending on age, gender and how active you are). National surveys show most Americans do not even eat half the amount they need. This is a concern for many health officials because diets high in fruits and vegeta-

bles have been shown to lower a person’s risk for developing certain chronic diseases, some cancers, diabetes and obesity. With so much fresh produce available in American grocery stores, why are we not taking advantage?

Perhaps it is why the familiar 5-a-Day program is changing its message to More Matters. This program helps Americans realize eating more fruits and vegetables will have a major impact on our health—and the more, the better.

The produce aisle is not the only place to get the nutritional goodness from fruits and vegetables. Remember the freezer and canned areas as well. Frozen and canned vegetables have received a bad rep as being inferior, but they are equally as nutritious to their fresh counterparts, because they

are usually canned or frozen right after harvest, when their nutritional content is highest. An added bonus is they can be stored longer. They are also usually pre-washed and sliced, making them recipe ready. Dried fruit also is a nutritious option and makes a very convenient snack.

Caution: Some fruits are canned in heavy syrup and some vegetables are canned with extra salt. Look for fruits labeled “light syrup” or “in its own juice” and vegetables canned with “no added salt.” Another option is rinsing the canned product under water to get rid of some of the extra sugar or salt.

Regardless of whether you choose fresh, frozen, canned or dried, the important message when it comes to fruits and vegetables is...More Matters!

FREE Seminar, “Making Many Meals Using a Few Ingredients,” Oct. 25

Are you tired of all the planning, hunting and gathering needed to find the ingredients required for many recipes? Would you like to go to your cupboard, refrigerator or freezer and already have most—if not all—the ingredients needed to make a meal?

Alice Henneman, extension educator and registered dietitian with UNL Extension in Lancaster County, will provide you a list of flavorful, versatile ingredients for stocking your kitchen. You’ll receive a booklet with several recipes which combine and recombine these ingredients in a variety of new, delicious (and nutritious!) ways.

“Making Many Meals Using a Few Ingredients” will be presented Thursday, Oct. 25, 7–8:30 p.m. at the Plaza Conference Center, BryanLGH Medical Center East, 1600 South 48 Street, Lincoln. No cost to attend. Register by calling BryanLGH at 481-8886.



Fruit Flies Like Fermenting Liquids

Barb Ogg
UNL Extension Educator

If you have brought garden produce into your kitchen, you probably have fruit flies. Fruit flies are tiny, honey-colored flies with reddish eyes. They breed in overly ripe vegetables and fruit.

Once inside, fruit flies will emerge from your vegetables and will lay eggs on fruit on the counter, in food debris in your garbage disposal or garbage can. They can also breed in a rotted potato or onion. Do you recycle cans? Liquid from pop, beer or wine can produce fruit flies. Bakers who use yeast in their bread, often have problems with fruit flies.

Fruit flies are attracted to processes associated with fermentation and breed in decaying fruits and vegetables. In the fermentation process, yeast acts on sugars, producing alcohol and carbon dioxide.

Researchers at University of California-Berkeley have found fruit flies are actually attracted to the carbon dioxide (CO₂) released during the fermentation process, not the alcohol. They found fruit flies have both CO₂



Fruit fly (highly magnified)



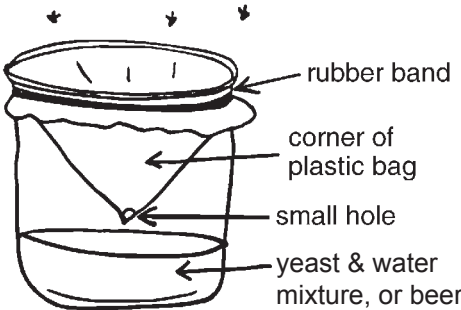
Supplies for yeast trap.

smell and taste receptors.

The key to managing fruit flies is to locate and eliminate breeding sources. Once you do this, it can still take a couple weeks to get rid of all the flies that will eventually die a natural death. To speed this up, try using a fruit fly trap.

Simple Fruit Fly Trap

1. Put an attractant in the bottom of a tall glass or pint mason jar.
 2. Take a plastic bag and place over the mouth of the jar with one corner reaching into the jar.
 3. Poke a small hole (no more than 1/8-inch diameter) in the corner of the bag with a pencil.
 4. Secure the bag around the rim with a rubber band or canning rim.
- What attractant to use? We know



fermenting liquids will attract fruit flies, but most of us don't want to brew beer or ferment fruit in our kitchen just to get rid of flies. Instead, use yeast. Sprinkle a package of yeast over 1/4-1/3 cup of water. Add about one teaspoon of sugar to activate the yeast. Swirl the yeast mixture. In a

short time, the sugar will cause the yeast to foam and expand and produce CO₂. Fruit flies tend to be active during the daytime, so make sure your trap is on the counter during the day.

Beer will also work as it produces a yeasty smell, but I have found the attractiveness is reduced when the beer goes stale and loses its fizz.

In a side-by-side choice test, I compared a yeast trap with one that had white wine in it. I found the yeast trap was far more effective. Does your yeast have expired dates on it? I used three-year old dated yeast and it still worked very well.

Attention Beekeepers Small Hive Beetle Workshop, Oct. 27

On Aug. 28, the small hive beetle (*Aethina tumida*), was found in a hive in Lincoln, Nebraska. A few days later, small hive beetles were collected from an infested hive in Columbus.



Adult(s) small hive beetle—dorsal and ventral views.

The small hive beetle is native to Africa where it does little harm to indigenous bees. In 1998, this beetle was first found in Florida. It spread quickly to southern states where beetle populations reached damaging levels and beekeepers suffered extensive losses. The primary damage to colonies and stored honey caused by the small hive beetle is through the feeding activity of the larvae.

Experts believe this beetle is transported with honey bee shipments through the mail and infested hives used for commercial crop pollination. Because all life stages of the small hive beetle are killed by freezing conditions, it is unlikely this will be a major problem for Nebraska beekeepers, but it is important for them to learn how to recognize the beetles and their damage.

A workshop on how to recognize and manage small hive beetles will be offered by Marion Ellis, UNL extension beekeeping specialist, on Saturday, Oct. 27, 10 a.m.–12 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Pre-registration is not required. Additional informational meetings will be scheduled in February at various sites around the state.

Source: Marion Ellis, UNL Extension Beekeeping Specialist



Small hive beetle larvae on a comb of honey

Household Hazardous Waste Collections

Saturday, Oct. 6, 9 a.m.–1 p.m.
Lincoln Industries (formerly known as Lincoln Plating), 600 West E Street
Sponsored by Yankee Hill Brick

Saturday, Nov. 3, 9 a.m.–1 p.m.
State Fair Park, 4-H Youth Complex
Sponsored by Novartis Consumer Health Inc.

Some items you can bring for disposal:

Thermometers, thermostats containing mercury, solvents, oil-based paint, paint thinner, pesticides, (even banned products like DDT), items containing PCB's (ballasts from fluorescent fixtures and capacitors from old appliances).

Do not bring latex paint, asbestos, tires, batteries, used oil, medicines, fertilizers, explosives and ammunition. These collections are for household only; not for businesses. Only residents of Lincoln and Lancaster County can bring items to collections.

Still unsure what you have will be acceptable? Call the Lincoln-Lancaster County Health Department at 441-8040.

Our Wildlife Neighbors: Coyotes

The coyote (*Canis latrans*) is a member of the dog family. These predators are found in most open habitats including fields, prairies, parks, golf courses, trails and airport grounds. They are sometimes seen near farmsteads and acreages. Coyotes are also found in urban areas. They are tolerant of humans and quickly adapt to changes in their environment.

Coyotes survive on whatever food is available and easiest to get. They eat rabbits, mice, birds, and other small animals, young deer, insects like grasshoppers, fruits and other vegetation. If given the opportunity, they will kill small poultry and livestock. Coyotes have also been known to attack pets who are allowed to roam. An adult coyote weighs about 50 pounds and can easily outmatch a small cat or dog.

In urban areas, many coyote conflicts have centered on feeding issues. When people feed wildlife, the coyotes learn to associate people with food. Even pet food left outdoors and food scraps in a compost pile encourage coyotes to associate people with food. All wildlife is unpredictable. Do not encourage interactions with coyotes and



Photo by Rob Farrell, 2007

keep your distance. Coyotes are predators and should be treated with caution and respect.

Discouraging Coyotes Near Home

- Frighten with loud noises.
- Use unnatural odors (like ammonia) to clean trash cans.
- Remove food such as pet food, table scraps in the compost pile, fallen fruit and spilled seed under birdfeeders.
- Remove cover like brush and weeds where the coyotes can hide; trim lower limbs of shrubs and conifer trees.
- Use yard lights with motion detectors.

Protecting Pets and Livestock

- Keep pets in fenced areas or kennels; split-rail fences and invisible fences will not protect

your pets. Kennels should have a fully-enclosed roof.

- Pets should be fed inside a building to keep pet food from attracting coyotes and other wildlife.
- Supervise your pets. When walking your pet, keep them on a leash.
- Do not allow pets to run loose in areas where there are coyotes. Coyotes have been known to be responsible for many cat disappearances.
- Livestock and poultry should be contained. Barbed-wire fence will not stop a coyote. If coyotes are a problem, other types of fencing must be considered.

Coyotes are usually wary of humans and will avoid people. Aggressive behavior toward people is not normal. If a coyote approaches to an uncomfortably close distance, throw rocks or other objects at the coyote. If the coyote follows you, yell, make loud noises and look big—do not turn and run. Adults should keep themselves between the coyote and small children. Contact your local wildlife agency if you observe a coyote behaving aggressively towards people.

Source: eXtension.org



Specialty 4-H Clubs Invite New Members

Current 4-H members and those interested in joining 4-H are invited to join these clubs



4-H Teen Council Leadership Organization

The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7–12. Meetings are held the second Sunday of each month at 3 p.m. at the Lancaster Extension Education Center.

4-H Teen Council members:

- participate in several community service activities
- organize the Ice Cream Social and Cookie Eating Contest at the Lancaster County Fair
- plan, set up and facilitate the annual 4th & 5th grade Lock-In (pictured above)
- are involved in other leadership activities

Call Tracy Kulm at 441-7180 for more information or to join!

Household Pets

Want to learn more about your pet? Or get acquainted with new ones? Join the 4-H Household Pets club for youth ages 8–18 and their small animals! Hamsters, gerbils, guinea pigs, mice, snakes, turtles, fish, reptiles, amphibians, caged birds and any animal small enough to put in your pocket is invited. The club will have a reorganizational meeting on Tuesday, Oct. 9, 7 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Sheri Ramirez and Shirley Condon are club co-leaders.

Rabbits 'R Us

If you like rabbits, hop to it! The Rabbits 'R Us 4-H club helps youth learn all about rabbits! They usually meets on the third Monday (evenings) of each month. The club co-sponsors one or two rabbit clinics and shows each year. They also run a dunk tank at the Lancaster County Fair to raise funds for landscaping at the Lancaster Event Center. For more information, contact leader Kirk Gunnerson at 470-0440.

Chess Club

Join the Checkmates 4-H club and learn basic tactics of chess and the secrets of good positional play, improve your game and learn new strategies. Players of all levels are welcome. Checkmates leader is James Walla. The club's first meeting for the 2007–08 4-H year is Sunday, Oct. 14, 3–5 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. For more information, call 441-7180.

Classic Cars R Us

Do you like cars, especially older ones? Share your interest with other like-minded 4-H'ers! Classic Cars R Us 4-H Club explores various eras and aspects of the automobile. Club activities range from tracing the history of the automobile, building and/or restoring models, and attending car shows. The club usually meets on Friday evenings or Saturdays. For more information, contact club leaders Myron or Barb Smith at 475-5563 or mbsmith@radiks.net

"Fair's Over, Now What?" Volunteer Training, Sept. 27

Leaders, parents and interested volunteers are invited to attend this 4-H training Thursday, Sept. 27, 9:30 a.m. or 7 p.m. Discover how to complete the current 4-H year and how to prepare for the next 4-H year. Awards, project completion/selection and club reorganization will be covered. Bring your questions and ideas! You must RSVP by calling 441-7180 by Sept. 25.

4-H Rabbit Clinic, Oct. 20

All youth ages 8–18 and their families are invited to attend a free 4-H Rabbit Clinic on Thursday, Oct. 20, 9:30 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.

Sessions include:

- Selection & care of the rabbit
- Information on rabbit breeds
- Showmanship (judges a 4-H member's ability to handle and show their animal)

This clinic will be beneficial to families considering buying a rabbit and those who have rabbits but want to learn more.

October

Kristy Hattan

Lancaster County 4-H is proud to announce Kristy Hattan as winner of October's "Heart of 4-H Award" in recognition of outstanding volunteer service.

She has volunteered for 4-H for 18 years in a variety of roles:

- leader for the 4-H Sew & Dough Club (3 years)
- volunteer during judging of static exhibits at Lancaster County Fair (3 years) and Nebraska State Fair (4 years)
- Superintendent of Home Environment areas at county fair (14 years)

"I like watching the joy of accomplishment by the 4-H'ers," says Kristy. "4-H offers a great learning experience for the kids to improve their life skills. 4-H has given me a great opportunity to spend time with my daughters and now my grandson, learning and improving skills while working on a project. I enjoy the County Fair. I love seeing all the final projects by the 4-H'ers. There are a lot of talented and creative young people. Judging day is always busy but very rewarding."

Kristy is a member of the East Campus Starrs group, which sponsors the four plaques awarded in the Home Environment and Child Development areas at county fair. She is also active in her church, Indian Hills Community Church.

Congratulations to Kristy. Volunteers like her are indeed the heart of 4-H!



Award Nominations Due Jan. 1

Nominations are being taken for the following Lancaster County 4-H awards. Deadline is Jan. 1. Information and applications are available at the extension office or online at <http://lancaster.unl.edu/4h>

Community Service Awards—

presented to 4-H'ers who have completed the most hours of community service. Award recipients receive a \$30 activity certificate redeemable towards 4-H activities & supplies. Five winners in age 14 & over division and ten winners age 13 & under.

4-H Meritorious Service—

presented to individuals or organizations which have exhibited consistent and strong support of the 4-H program. 4-H members are not eligible.

Outstanding 4-H Member—

presented to an individual who has excelled in their involvement with the 4-H program and are 14 years of age or older. The basis for selection appraises the variety and depth of 4-H activities.

I Dare You Youth Leadership Award—awarded on behalf of the American Youth Foundation to high school juniors or seniors who strive to achieve their personal best and make a positive difference in their community. Two 4-H members will be selected from Lancaster County.

4-H Scholarships Due Jan. 1

The Lancaster County 4-H program offers a variety of scholarships. Deadline is Jan. 1. Information and application forms are available at the extension office or online at <http://lancaster.unl.edu/4h>

COLLEGE

The following college scholarships are available to high school seniors active in 4-H: **4-H Council**—awards six \$500 scholarships.

Lincoln Center Kiwanis—awards two \$1,000 scholarships.

Teen Council—awards two scholarships to 4-H'ers who are active in Teen Council and help with at least one major fundraiser.

Lane Scholarship—awards one \$200 scholarship to a 4-H'er attending Raymond Central High School.

4-H CAMP

The following scholarship goes toward attending 4-H summer camp(s):

Joyce Vahle Memorial Scholarship—awards one \$100 scholarship to a youth age 8–14. Applicants should currently be, or have been, enrolled in at least one sewing project.

Nominate Your Favorite 4-H Volunteer!

A "Heart of 4-H Award" is awarded to a Lancaster County 4-H volunteer each month! Nominate your favorite 4-H volunteer or leader by submitting the following form (also available online at lancaster.unl.edu). *Nominations of co-volunteers accepted.*

I, _____,
nominate _____.

Please explain why you are nominating person(s) (use additional paper if needed)





HORSE BITS

Final 2007 Group Testing, Sept. 29

In order to show at Districts and State 4-H Horse Shows, you must be at least 12 years of age and for everything but "in-hand" classes, you must have passed all Level II project advancement requirements. In addition, there are classes at state that do not require you to qualify for at districts, but you must have passed your Level III to enter.

The county deadline for district and state horse show entries, ID's and level tests is usually the second week in May. Many riders find it difficult to have their horses ready to take a levels test so early in the spring. (We are talking March and April!) So, while your horses are "warmed up" from being ridden all summer, you might want to consider getting your testing done this fall.

There will be one final 2007 group testing for horse levels on Saturday, Sept. 29. The testing will take place in the morning at the Lancaster Equestrian Center. Anyone wishing to test, please contact Marty at 441-7180 as soon as possible. Cut off date for signing up is Sept. 21.

Those of you who have signed up will receive a letter the week of Sept. 24 informing you of your ride time.



Horse Judging at Lancaster County Fair

4-H Horse Awards Night, Oct. 4

The annual Lancaster County 4-H Horse Awards Night will be Thursday, Oct. 4 at 7 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Awards presentation includes the Incentive Awards, Horsemanship Levels, Wittstruck All-Around Champion, All-Around Trail, All-Around Barrels, Herdsmanship, Top County Fair Judging and some surprise awards.

The evening includes a pot luck. Please bring a meat dish and either a salad or dessert and your own table service. Drinks will be provided. Come help celebrate the outstanding accomplishments of the 2007 Lancaster County 4-H Horsemen!

Ak-Sar-Ben 4-H Youth Expo, Sept. 25–30

The 80th Ak-Sar-Ben 4-H Youth Livestock Exposition will be held Sept. 25–30 at the Qwest Center in Omaha. More than 2,000 4-H families from an eight-state area participate in the Expo. Categories of this 4-H only competition are Dairy, Feeder Calf & Breeding Beef, Horse, Market Beef, Market Broilers, Meat Goats, Market Lamb and Market Swine. More information and schedule is online at <http://aksarben.org/4-H>



Nebraska State Fair Results

Congratulations to the Lancaster County 4-H members who showcased their talents at the Nebraska State Fair this year! Below are the Lancaster County 4-H Top Award winners and Rainbow Ribbon Recognition recipients. Complete results are online at <http://4h.unl.edu>

Top Awards

Champion Dairy Supreme County Team: Mitch Klein, Tessa Klein, Brandon Schlautman, Nathan Schlautman, Emily Loos, Adam Hill, Makinsey Douglas-Hill

Reserve Champion Small Group - Swine Herdsmanship: Rick & Dillon Wolf, Trevor Spath and Andrea Yaninek

Miranda Gunnerson — Champion Netherland Dwarf Rabbit

Kourtney Kempkes — Senior Reserve Champion Ayrshire; Junior Champion Ayrshire; Ayrshire Breed Reserve Champion

Mitch Klein — Holstein Senior Reserve Champion; Holstein Reserve Breed Champion; Champion Dairy Showman

Tessa Klein — Holstein Junior Reserve Champion

Jasi Maahs — Reserve Champion New Zealand Rabbit

Levi Meyer — Reserve Champion Dairy Showman

Chase Peterson — Champion Dairy Production Award - Milk Production; Champion Dairy Production Award - Protein Production; Senior Champion Ayrshire; Junior Reserve Champion Ayrshire; Ayrshire Breed Champion

Brandon Schlautman — Champion Senior Brown Swiss; Reserve Champion Senior Brown Swiss; Reserve Champion Dairy Premiere Exhibitor; Brown Swiss Breed Champion; Brown Swiss Breed Reserve Champion

Nathan Schlautman — Junior Champion Brown Swiss; Junior Reserve Champion Brown Swiss

Jaime Stephenson — Reserve Champion American Fuzzy Lop Rabbit

Jessica Stephenson — Champion American Fuzzy Lop Rabbit

Katie Wilkinson — Reserve Champion Breeding Sheep

Rainbow Ribbon Recognition

Rainbow Ribbon Recognition is used to draw attention to the unique items. These may or may not be top placing items, but have used special details.

Carly Belz — Wall Hanging

Liza Christensen — Foam Cake

Carmen Claesson — Teach an Adult - Unit 2

Helen Dowd — Leaf Display

John Dowd — Leaf Display

Grace Farley — Leaf Display

Marian Hanigan — Toy made for Preschooler

Holly Hunt — Specialty Rolls

Evan Kucera — Original Drawing/painting

Trevor White — White Onions

Photos Selected for the Office of the Deans - Extension/College of Agricultural Sciences and Natural Resources

Nathan Smith — Lily in water

Kyle Pedersen — Dolphin

Kyle Pedersen — Older couple's wedding on beach

Photos Selected for the 4-H Foundation Note Cards

Chera Brown — Corn/Wood/Flower

Holiday Gifts Needed
for LPS Headstart

A good community service project for the holidays is helping the less fortunate by providing gifts for the Lincoln Public Schools Headstart Program. This program is in need of over 500 gifts for children birth to 5-years old. Literacy is being emphasized again this year, so books and items to encourage reading are suggested (such as puppets, puzzles, small toys, etc. relating to story books). The goal is to give each child a book. **Gifts should be unwrapped** and recommended cost is up to \$5. Bring gifts to the extension office by Dec. 1. For more information, contact Lorene at 441-7180. This is an excellent project for 4-H, FCE and other community clubs. Individuals are welcome to participate.



Public Notice

The Lancaster County Board of Commissioner seek members of the community to serve on the Lancaster County Extension Board. The vacancies will be filled with terms beginning in January 2008.

Extension Board members represent and assist University of Nebraska–Lincoln Extension staff in Lancaster County with priority issue areas that include Agricultural Profitability and Sustainability; Children, 4-H, Youth and Families; Food Safety, Health and Wellness, strengthening Nebraska Communities, and Water Quality and Environment. The Board meets monthly (usually the second Friday at 8 a.m.).

Registered Lancaster County voters interested in serving a three-year term should complete an application for an appointment by Nov. 1, 2007. Additional information and an application can be obtained from UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528-1507, or phone 441-7180. Applications are also available on the Internet at <http://www.lincoln.ne.gov/cnty/commiss/boardapp.pdf>

STRENGTHENING
FAMILY TREASURES
Daughter/Mother Camp

A retreat designed for 6th grade girls and their mothers
(or grandmothers or other adult females)

Friday, Oct. 5, 5 p.m. to
Saturday, Oct. 6, 5 p.m.

EASTERN 4-H CENTER, GRETN

Give the greatest gift to your daughter — your time! This camp is 2 days and 1 night of fun, educational and confidence-building activities. As the teen years approach, this is an opportunity to:

- Enhance effective communication including expressing emotions
- Learn more about body image and sexuality
- Explore techniques to handle peer pressure and stress
- Discuss the importance of individual family values

Cost includes meals, snacks, lodging (modern cabins with restrooms and twin beds) and program materials. Fee is \$140 per daughter/mother pair. Two full scholarships based



on need are available to Lancaster County 4-H families. Call to apply. For more information or a registration form, go to <http://lancaster.unl.edu/familiv/GUE.shtml> or call Extension Educator Maureen Burson at 441-7180.

FREE SPEECH
University of Nebraska–Lincoln Speakers Bureau

The University of Nebraska-Lincoln Speakers Bureau begins its 13th year this fall with 17 speakers and 36 topics from which to choose. This free service connects faculty and other university experts with Nebraska citizens through service organizations,



schools and other groups who want knowledgeable, interesting speakers on a variety of topics. The Speakers Bureau invites you to choose from a diverse selection of topics this year. University faculty and staff have a wide range of expertise to share with you

through their presentations. Most speakers will be available on a year-round basis while others are available during the academic year only. Note that availability of speakers is limited during December and early January. For more information or to book a speaker, go to www.speakersbureau.unl.edu or contact Barbara Bowers in the Office of University Communications at 472-0088.

2007–2008 Speakers

Speaker	Speech Topics
DEE AGUILAR Coordinator, Osher Lifelong Learning Institute	Lifelong Learning: Your Brain or Mine? Play: A Lifelong Ambition Humor: What’s So Funny?
PATRICE BERGER Professor, History & Director of University Honors Program	Europe: 2007 Europe: 1939 University of Nebraska-Lincoln in the 21st Century
JOHN BRASCH Associate Vice Chancellor, Office of Technology Development	New Directions for Technology Transfer at UNL
DON COSTELLO Lecturer, Computer Science and Engineering	Information Technology: Yesterday, Today and Tomorrow Computer Games: From Pokemon to Cutting-edge Research The Birth, Death and Resurrection of Computers in Banking
BOB DIFFENDAL Professor Emeritus, Conservation & Survey	New Zealand: Lands of Geysers, Greenstones, and Gandalf Curaçao, Netherlands Antilles: Tropical Desert Island in the Caribbean Sea The Netherlands: Canal Barges Provide Scenic Trips to View Culture and Art
CAROLYN POPE EDWARDS Cather Professor, Psychology and Family and Consumer Sciences	Showing that Early Childhood Education Works
DAVID FEINGOLD Assistant General Manager, Content, NET	NET – Nebraska’s Own NPR and PBS
JAMES GOEKE Research Hydrogeologist, School of Natural Resources	Nebraska’s Water Resources: Past, Present and Future
MICHAEL HOFF Professor, Art History	Ancient Roman Religion and Nebraska Football Pirates and Roman Along the Cilician Coast of Ancient Turkey Athens Under Roman Domination
PETER LEVITOV UNL International Affairs & Immigration Attorney, NU Central Administration	International Students in the United States
JACK OLIVA Dean, Hixson-Lied College of Fine and Performing Arts	American Ragtime and the Music Business in the Early 20th Century
WES PETERSON Professor, Agricultural Economics	A Billion Dollars a Day International Trade Agreements Africa: Problems and Prospects
PAUL READ Professor, Horticulture and Viticulture	Grape Expectations: Nebraska’s Developing Grape and Wine Industry Gardens of the World
JOHN W. RICHMOND Professor and Director, UNL School of Music	Does Music Make You Smarter? It Depends on What You Mean! Thinking About Common Dimensions of Aesthetic and Religious Experience Finding the Next Mozart! Music Composition Education in the 21st Century
JOHN RUPNOW Professor, Food Science and Technology	History and Agents of Agroterrorism It Must Have Been Something I Ate: Issues in Food Safety Guru or Gourmet: The Science of Food
GREG SNOW Associate Professor, Physics & Agronomy	Did a Giant Asteroid Kill the Dinosaurs? E=mc²: The Most Famous Scientific Formula
CHRIS TIMM Associate Director, Career Services	Developing a Top Internship Program Using the Web to Effectively Recruit College Students

EXTENSION CALENDAR

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

September

- 24 Family & Community Education (FCE) Council Meeting 1 p.m.
25 Guardianship Training. 5:30–8:30 p.m.
25–26 Termite Applicator Training 8 a.m.–5:30 p.m.
26–27 55 ALIVE Driver Safety Course 9 a.m.–1 p.m.
27 4-H Leader Training 9:30 a.m. and 7 p.m.
27 Family & Community Education (FCE) & Community Leader Training,
“Who Cares for the Caregiver?” 1 p.m.
29 4-H Horse Level Testing, Lincoln Equestrian Center 9 a.m.

Sept. 25–30 Ak-Sar-Ben 4-H Livestock Exposition, Qwest Center, Omaha

October

- 2 4-H Council Meeting 7 p.m.
2 ABC's for Good Health (1 of 3 part series). . 10 a.m.–12:30 or 6–8:30 p.m.
4 4-H Horse Awards Night 7 p.m.
5–6 Strengthening Family Treasures: Daughter/Mother Camp,
Eastern Nebraska 4-H Center near Gretna
8 4-H Horse VIPS Committee Meeting, Lancaster Event Center 7 p.m.
9 ABC's for Good Health (2 of 3 part series). . 10 a.m.–12:30 or 6–8:30 p.m.
9 4-H Household Pets Club Reorganizational Meeting 7 p.m.
12 Extension Board Meeting 8 a.m.
14 4-H Teen Council Meeting 3 p.m.
14 4-H Chess Club Meeting 3–5 p.m.
15 Family & Community Education (FCE) Council
Achievement Night 6:30 p.m.
20 4-H Fall Rabbit Clinic 9:30 a.m.
22 “08 Better County Fair” Meeting, Lancaster Event Center 4-H Office . 7 p.m.
23 Guardianship Training. 1:30–4:30 p.m.
23 ABC's for Good Health (3 of 3 part series). . 10 a.m.–12:30 or 6–8:30 p.m.
25 “Making Many Meals Using a Few Ingredients” Seminar,
Plaza Conference Center, Bryan LGH Medical Center East, 1600 S.
48th St, Lincoln. 7–8:30 p.m.
27 Small Hive Beetle Workshop for Beekeepers. 10 a.m.–12 p.m.

Safety Course for Drivers 50 & Up, Sept. 26 & 27

University of Nebraska–Lincoln Extension in Lancaster County is co-sponsoring a 55 ALIVE Driver Safety Course on Wednesday, Sept. 26 and Thursday, Sept. 27, 9 a.m.–1 p.m. Cost is \$10 payable at the first class. Call 441-7180 to register.

The AARP Driver Safety Program is the nation's first and largest classroom driver refresher course especially designed for motorists age 50 and older.

Drivers aged 55 and over, compared with drivers aged 30–54, are involved in more accidents per mile driven. The number of accidents per mile rises sharply at about age 75.

The eight-hour course is taught in two, 4-hour sessions spanning two days. The course helps drivers refine existing skills and develop safe, defensive driving techniques. AARP members and non-members alike may take the course. There

are no tests.

The AARP Driver Safety Program course covers the following topics:

- Vision and hearing changes
- Effects of medication
- Reaction time changes
- Left turns and other right-of-way situations
- New laws and how they affect you
- Hazardous driving situations

Research shows a direct link between the kinds of driving problems experienced by older motorists and the physical changes that can occur in all older persons. The loss of vision, hearing and physical strength is gradual and can go virtually unnoticed until older drivers are faced with a driving emergency they are no longer able to handle.

By being aware of these normal age-related changes and learning how they affect driving, older motorists can compensate for them and become better drivers.

2007 Make It Yourself with Wool Contest

This contest offers both youth and adults the opportunity to promote the beauty and versatility of wool fabric and yarn. Personal creations in sewing, knitting, crocheting, spinning and weaving of wool fabric, yarn is encouraged. Categories and ages for this contest are:

- Preteen, 12 and under
- Junior, 13–16
- Senior, 17–24
- Adult, 25 and over
- Made for Other (any age)

The District III contest will be held at the Lancaster Extension Education Center, 444 Cherry Creek Rd., Lincoln on Saturday, Nov. 3 with registration beginning at 8:30 a.m. You may enter any district contest. For more information, call Tracy at 441-7180.

ABC's for Good Health, Oct. 2, 9 & 23

A 3-Part Series Which can Change Your Life

UNL Extension Nutrition Education Program (NEP) is presenting “ABC's for Good Health,” a free series aimed at limited- to moderate-income women. **If you are receiving assistance such as food stamps or Medicaid, you would qualify to attend this program.** Upcoming dates are Thursdays, Oct. 2, 9 and 23. Choose between two time slots, 10 a.m.–12:30 p.m. or 6–8:30 p.m.

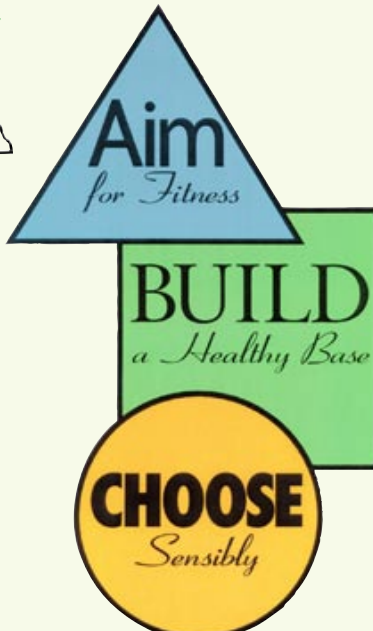
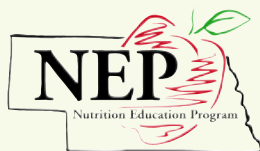
Learn that good health is as easy as:

- A) Aim for fitness — Increase your physical activity with a personalized walking program.
B) Build a healthy base — Use MyPyramid to guide your food choices.
C) Choose sensibly — Balance the foods you need and enjoy.

Participants receive:

- A pedometer and inspiration to stay fit
- A notebook with practical nutrition information
- New recipes and food preparation ideas
- A cookbook (valued at \$15) after completing the series

Sessions are held at the Lancaster Extension Education Center, 444 Cherry Creek Road in Lincoln. Please register by Sept. 25. Call NEP at 441-7180 for more information or to register.



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EXTENSION

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska–Lincoln Extension
in Lancaster County

444 Cherry Creek Road, Suite A
Lincoln, NE 68528-1507

(402) 441-7180

<http://lancaster.unl.edu>

E-mail: lancaster@unl.edu • Fax: 441-7148

Lancaster Extension Education Center
Conference Facilities
444 Cherry Creek Road, Lincoln



UNL Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture. We assure reasonable accommodation under the Americans with Disabilities Act; for assistance contact UNL Extension in Lancaster County at 441-7180.

Extension Educator & Unit Leader

Gary C. Bergman

Extension Educators

Lorene Bartos
Maureen Burson
Tom Dorn
Alice Henneman
Don Janssen
Barb Ogg
Karen Wobig

Extension Technologist

David Smith

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THE NEBLINE

THE NEBLINE is published monthly (except December) and mailed to more than 11,000 households in Lancaster County.

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444 Cherry Creek Road, Suite A • Lincoln, Nebraska 68528-1507

Experience the Power of Red

An open house for high school students and their families
Sponsored by the College of Agricultural Sciences and Natural Resources

Saturday, Nov. 3

8:30 a.m. – 1:30 p.m. • East Campus Union



Business Manager



On-Air Broadcaster



Food Scientist



Landscape Designer

- Explore Career Opportunities
 - Meet Current Students
- Learn More About Our 27 Programs and 2 Pre-professional Programs
 - Interact with Deans, Faculty and Staff
- Register for a Scholarship and Other Cool Prizes

To register or more information,
(800) 742-8800, ext. 2541 or go to www.casnr.unl.edu
Registration deadline: Oct. 26

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Lincoln



Help Start a 4-H Club!

4-H offers a wide variety of opportunities for you to discover your world, your community and yourself. YOU make your own choices and set your own goals!

The University of Nebraska–Lincoln Extension 4-H Youth Development Program is open to all youth ages 5–18. Through learning-by-doing, youth gain practical skills and develop life skills.

Currently, there are far more youth wanting to be in 4-H clubs than there are clubs. Families are encouraged to help organize a new club — which is a lot easier than you may think! Starting a 4-H club now gives plenty of time for members to work on projects for next year's county and state fairs.

Club Organization

Clubs range from 4 to 60 members and are led (or co-led) by club leaders — often club members' parents. Parents are encouraged to attend meetings.

Volunteers are the heart of 4-H. Adult leaders partner with youth members to complete projects.

Club leaders — Also known as organizational leaders, club leaders coordinate meeting times and agendas. They also are responsible for club enrollment information.

Project leaders — Clubs may or may not have project leaders who provide leadership for specific projects.

Parent Volunteers — Also known as assistant leaders, provide valuable guidance to youth.

Club officers — Youth members choose officers to run their meetings.

Over 150 Projects

Nebraska 4-H has more than 150 project areas. Age-appropriate project manuals are written by university experts. Most project manuals have



Many 4-H clubs do various community service projects, such as All-American Kids 4-H Club which recently donated craft materials to the Lincoln Children's Museum.

accompanying leader guides.

In most clubs, members complete several projects a year. Some 4-H clubs focus on one particular project area, such as rabbits. Many youth exhibit their projects at the county and state fairs.

4-H Staff Guidance

4-H staff provides guidance and resources to club leaders. Here's a look at Lancaster County 4-H staff and their areas of responsibilities:

- Tracy Kulm manages all non-animal project areas. This includes clothing, food, home environment, engineering and general areas.
- Deanna Karmazin runs the 4-H livestock project areas.
- Marty Cruickshank manages the 4-H horse, rabbit and poultry project areas.
- Mary Jane Frogge runs the horticulture and conservation project areas.
- Teri Hlava oversees the 4-H after-school program and 4-H school enrichment.
- Karen Evasco provides support to all 4-H areas.

Other Resources

- Resource materials available to leaders include:
- Regularly-scheduled leader trainings
 - The Neblin monthly newsletter 4-H pages
 - Lancaster County 4-H Web site at <http://lanaster.unl.edu>
 - Nebraska 4-H web site at <http://4h.unl.edu>
 - Mailings to club leaders
 - County and State Fair can provide numerous ideas and inspirations for projects!

To Get Started

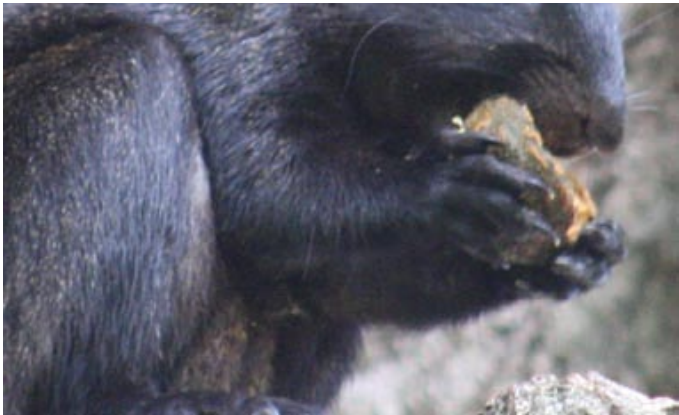
If you would like to help start a 4-H club, call Lancaster County 4-H at 441-7180.

Specialty Clubs

- Several Lancaster County specialty 4-H clubs are looking for new members:
- 4-H Teen Council
 - Checkmates Chess Club
 - Household Pets
 - Rabbits 'R Us
 - Classic Cars R Us

See p. 8 for details.

Can You Guess It?



Vicki Jedlicka, UNL Extension in Lancaster County

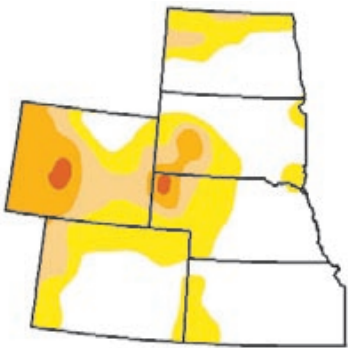
Did you guess it? Find out at
<http://lanaster.unl.edu>

Did you guess it from the September NEBLINE?
The answer was a student's hands with special lotion which "glows" under ultraviolet light to show if hands have been properly washed.

U.S. Drought Monitor Map

As of Sept. 11, Lancaster County was not in drought conditions.

Drought Conditions (Percent Area)							
	Total	D0-D4	D1-D4	D2-D4	D3-D4	D4-D4	D4
Current	53.3	46.7	20.9	10.4	0.9	0.0	
Last Week (9/4/2007 map)	53.8	46.2	22.0	10.6	1.6	0.0	
3 Months Ago (6/15/2007 map)	71.5	28.5	18.7	11.0	1.8	0.0	
Start of Calendar Year (1/1/2007 map)	26.9	73.1	54.3	32.0	14.3	0.0	
Start of Water Year (10/1/2006 map)	10.2	89.8	61.6	33.7	16.7	0.0	
One Year Ago (9/12/2006 map)	6.1	93.9	75.5	39.9	23.3	0.0	



Intensity:
D0 Abnormally Dry
D1 Drought - Moderate
D2 Drought - Severe
D3 Drought - Extreme
D4 Drought - Exceptional

For the most recent map, visit <http://www.drought.unl.edu/dm>

Source: National Drought Mitigation Center, University of Nebraska–Lincoln

4-H SET
Science, Engineering & Technology



Explore your future with 4-H SET!

Did you know 4-H kids today are participating in science, engineering and technology programs – from robotics and Web design to environmental and animal science? Through their 4-H clubs, they have fun, make friends, explore new adventures and develop skills for future success.

Interested in volunteering, joining or learning more? Contact your county 4-H office at:

441-7180
<http://lanaster.unl.edu/4h>

NATIONAL 4-H WEEK October 7-13, 2007